

# Health Promoting Schools Newsletter

Wokingham | October 2025



Issue 4

The Wokingham Public Health team in partnership with schools and Wokingham Secondary Federation aim to support young people and families to live well in the Wokingham Borough through the Health Promoting Schools programme. The Health Promoting Schools programme strives to create a healthy environment for schools, including pupils, staff, and the wider community through connecting schools with local services that support PSHE provision and health and wellbeing needs.

This issue of the Health Promoting Schools newsletter provides local and national updates, and links to resources to support teachers and students with health and wellbeing in school.

## Health protection guidance for schools

Practical guidance is available to support staff in children and young people settings to prevent and respond to infections and disease outbreaks. This can help your setting reduce transmissions, manage any cases and minimise disruptions.

The [Public Health Guidance section](#) of the Wokingham Schools Hub is a directory of information and resources, covering topics such as:

- how to prevent and manage infections
- how long to keep children away from school
- how to promote personal and environmental hygiene
- action cards to help settings manage outbreaks of common infectious diseases
- when to contact the local health protection team



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[Health Promoting Schools Wokingham](#)



## **The Annual Cybersurvey 2025 | Our Online Lives - messages from pre-teens**

The Cybersurvey provides data on young people's views on digital life drawn from an annual survey created by Youthworks in 2008.

The survey explores what it's like growing up in a digital world. It is regularly modernised but retains core questions for to identify trends.

It's a useful tool for any school, college, academy or local authority with a responsibility for safeguarding children and young people to inform your practice and staff training.

The latest survey includes a report on key messages from pre-teens with some steps to consider to keep them safe.

[Click here](#) to see this report and explore other useful guides to help young people navigate the digital world.

### **Key messages from 11-12 year olds:**

- Over 1/3 of pre-teens feel more confident behind a screen
- Almost 1 in 5 say 'I express myself better on a screen'
- Girls are more than 2x as likely to feel 'people judge me online'
- Almost 1/4 of girls 'worry about 'how I look compared to others online' and feel 'my online self is better than my real self'
- 1/4 of girls and one in five boys use social media to escape their 'issues'
- Fewer than 5% of pre-teens feel depressed or anxious after time on social media
- Almost 1/3 try to limit their time online but can't.
- Cyberaggression is a vital problem that more than a quarter of the children are likely to witness online in some form, including racism, misogyny, misandry, and sexual harassment.

### **Positive uses:**

- 73% go online for homework
- 66% believe they can be creative online

## Schools supporting vaccination programmes

As the new school year begins, the [Berkshire School Aged Immunisation Team](#) will be contacting schools to arrange days and times for their visit.

The team will be offering vaccines under the [childhood immunisation programme](#), which protects children and young people against [flu](#) and other serious illnesses.

Schools and education settings play an [important role](#) in making this happen - from hosting vaccination sessions, sharing information leaflets and consent forms, and enabling communication with families.

Please see below for guidance about how schools can support the vaccination programme:

- [Briefing for primary schools](#)
- [Briefing for secondary schools](#)
- [Guidance on supporting immunisation programmes](#)
- [Guidance on data protection](#) - it makes clear the lawful basis under UK General Data Protection Regulation (GDPR) for schools to share information with school immunisation teams
- Resources for parents can be [downloaded](#), or [printed copies](#) can be ordered for free

If you have questions about local arrangements, please contact the Berkshire School Aged Immunisation Team at 0300 365 0077 or [westschoolimms@berkshire.nhs.uk](mailto:westschoolimms@berkshire.nhs.uk).

## Steps for Trees

[Steps for Trees](#) is a free mobile app that encourages schools and communities to get more active while making a positive social and environmental impact - all through walking!

For every 10,000 steps a user takes, a tree is planted on their behalf as well as a contribution to Wokingham school funds and other local good causes.

<https://www.stepsfortrees.com/schools>

Please note that to use the app children need to be 13+, but parents and teachers of younger students can join.

## **Keeping Safe Online – Preventing Harm from Extremism**

### **Why It Matters**

In today's digital world, young people are constantly online—learning, socializing, and exploring. While the internet offers many benefits, it also presents risks, including exposure to extremist content. Schools play a vital role in helping students stay safe and build resilience.

### **Key Messages for Students and Families**

- Think critically about what you see online.
- Report concerns to a trusted adult or safeguarding lead.
- Understand the signs of online radicalisation and manipulation.
- Respect diversity and challenge hate speech.

**Featured Resources from [Educate Against Hate](#)** a government website and trusted resources to help safeguard students from radicalisation and build resilience to all types of extremism

### **Parents and Carers: Protecting Your Child From Extremism and Radicalisation**

A booklet and slide pack to help families understand the risks and how to talk to children about extremism. [View Resource](#)

### **BBC Own It – Online Safety Toolkit**

Interactive activities for KS2 students covering online bullying, privacy, and safe relationships. [Explore Toolkit](#)

### **Incels: A Guide for Teachers**

A guide for KS4+ educators to understand and address harmful online subcultures.

[Download Guide](#)

### **Classroom Ideas**

- Digital Resilience Workshops: Use Educate Against Hate's lesson plans to explore how to spot fake news and extremist content.
- Discussion Circles: Facilitate safe conversations around online influence and values.
- Poster Campaigns: Display key messages from the Prevent Duty and online safety tips around school.

### **Mark Your Calendar**

Use the [Educate Against Hate Calendar](#) to plan awareness days and themed assemblies around online safety and extremism prevention.

## **Ban on selling high-caffeine energy drinks to boost kids' health**

- The government is set to ban the sale of high-caffeine energy drinks to under 16s
- Evidence links the drinks to negative impacts on children's physical and mental health, sleep quality and educational outcomes

Research highlights that up to one-third of children aged 13 to 16 years, and nearly a quarter of children aged 11 to 12 years, consume one or more of these drinks each week, so early intervention is crucial to deliver on the pledge to create the healthiest generation of children ever.

This is backed by parents, teachers and teaching unions who report on pupils being unable to concentrate and focus and even negatively affecting grades and academic performance. Evidence also shows that children from more deprived communities are more likely to consume these products - further contributing to health inequalities across the country. [Read more.](#)

### **Upcoming campaigns and awareness days**

[World Mental Health day](#) - 10<sup>th</sup> October

[Stoptober](#) - October

[Movember](#) - November

If your school has a health and wellbeing success story which you would like to share in the Health Promoting Schools newsletter, or if you have any queries about the Health Promoting Schools programme, please contact [caitlin.airey@wokingham.gov.uk](mailto:caitlin.airey@wokingham.gov.uk) (Wokingham Borough Council Public Health Children and Young People Project Officer).

For further health and wellbeing resources, please visit the [Health Promoting Schools website](#)

### **Upcoming Health Promoting Schools/ PSHE network meetings:**

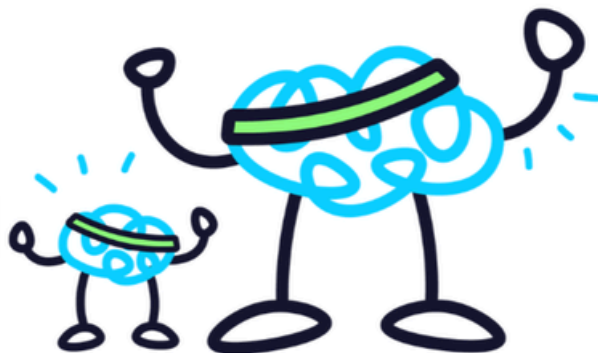
Tuesday 11<sup>th</sup> November 2025 3:45-4:45pm

Wednesday 11<sup>th</sup> March 2026 3:45-4:45pm

Thursday 11<sup>th</sup> June 2026 3:45-4:45pm



SCAN HERE



FREE!

# Sport In Mind

Registered Charity 1161323

## Youth Activities **for** **Mental Wellbeing**

Sport in Mind provides **free sport** and **physical activity** opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

Starts  
Monday  
15h Sept

### Wokingham Sessions (Autumn Term)

Mon	4:00 - 5:00pm	Sports & Games	12-16 years	Wokingham Leisure Centre, Wellington Road, RG40 2AF
Tue	5:00 - 6:00pm	Sports & Games	10-14 years	Bulmershe Leisure Centre, Woodlands Av, RG5 3EU
Thurs	4:00 - 5:00pm	Sport & Games	10-14 years	Wokingham Leisure Centre, Wellington Road, RG40 2AF

Sessions restart from Monday 8<sup>th</sup> September and run weekly excluding school holidays

@sportinmind
 youth@sportinmind.org
 www.sportinmind.org
 0300 102 1400

Working in partnership with



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**Berkshire Healthcare**  
Children, Young People and  
Families services

# HPV

## vaccination

**Protecting you from HPV cancers**  
Everyone should have it in year 8



Scan here

HPV  
materials



Are you up to date on all  
your immunisations?





ChatHealth



**Berkshire Healthcare**  
Children, Young People and  
Families services

# Aged 11-19? Need some advice?

We can help with all kinds of things like:

**Relationships**

**Healthy eating**

**Drugs & alcohol**

**Anxiety**

**STRESS**

**Low mood**

**Bullying**

**Self-harm**

**Body changes**

**SMOKING**

**Sleep**



**Text a school nurse**  
for confidential advice and support  
**07312 263266**



**cypf.berkshirehealthcare.nhs.uk**



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us, contact a member of school staff, a trusted adult, or your GP. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

# Do you have a 5-19 year old?

We can offer advice and  
support on many topics like:

- ✓ Sleep
- ✓ Behaviour
- ✓ Bullying
- ✓ Parenting
- ✓ Healthy eating
- ✓ Bedwetting
- ✓ Dealing with medical  
conditions in school
- ✓ Emotional health  
& wellbeing



**Text a school nurse**  
for confidential advice and support

**07312 263194**



[cypf.berkshirehealthcare.nhs.uk](https://cypf.berkshirehealthcare.nhs.uk)



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